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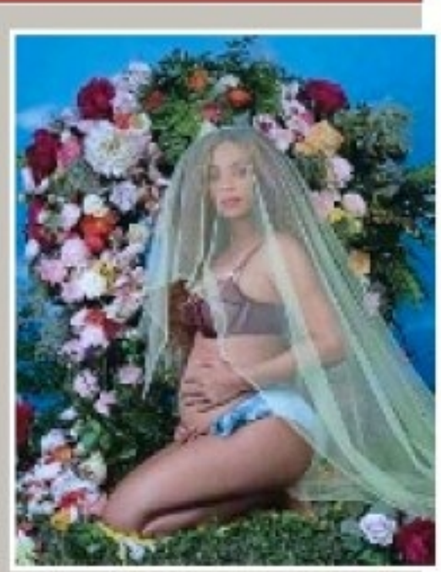

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B.C. RESIDENTS' MOST PRIVATE INFO — POSSIBLY EVEN MEDICAL RECORDS — MAY BE AT RISK WITH NEW ORDER metroNEWS

THE ASSOCIATED PRESS

Move U.S. tech to Vancouver

TRUE NORTH

Scheme pitched, but immigration lawyer says it's not that simple

Jen St. Denis
Metro | Vancouver

In the wake of President Donald Trump's immigration crackdown, a group of Silicon Valley entrepreneurs are trying to convince American tech companies to set up subsidiaries in Vancouver in order to get their foreign-born workers out.

"I am a huge believer in the strength of immigrants in the startup community," said Scott Rafer, a Silicon Valley-based entrepreneur who helped to set up a non-profit initiative called True North.

"If no one does anything, all these great people are going to scatter to the four winds."

The True North website lays out the pitch, directed at American tech companies:

"The program moves the current employee and her/his job to Vancouver. It requires a valid H1B, the employer to incorporate a subsidiary in Vancouver, and a quick visit."

H1B is the American work visa program many tech companies rely on to bring in skilled workers from abroad. After instituting a sudden and chaotic travel ban on immigrants and refugees from seven Muslim majority countries late last week, the Trump administration has now drafted an overhaul of work visa programs, according to media reports.

Rafer said current Canadian immigration policy is already set up to accommodate such a transfer. But Vancouver immigration lawyer David Aujla said it wasn't quite that simple. Yes, companies can quite easily create a Canadian subsidiary, but there are rules governing which employees they can transfer from head office to their Canadian branch office.

"Currently under NAFTA, you can transfer people who have specialized knowledge or executive managers," Aujla said.

So senior managers would likely have no trouble transferring, but that may not hold true for jobs like software developer.

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Barack Obama was all smiles during his well-earned vacation in the British Virgin Islands.

Trump's Muslim travel ban prompts peace rally

PEACE ARCH

Citizens on both sides of the border to show solidarity

David P. Ball
Metro | Vancouver

Vancouverites opposed to Donald Trump's Muslim country travel ban, including people it affects, will demonstrate solidarity at the very border many now can't cross.

The "No Ban, No Wall" rally is planned for Sunday, and its location is carefully chosen: the unguarded park that spans the U.S.-Canada border near White Rock, Peace Arch Provincial Park. Americans will join the event from the other side.

"Celebrate our beautiful diversity against the divisive politics of fear and hatred," the event's Facebook page stated. "Show our Iraqi, Syrian, Iranian, Libyan, Somali, Sudanese and Yemenite friends that they are welcome.

"This will be a peaceful and inclusive demonstration of what unites us as denizens of this planet."

Organizers are aiming to fill the speakers list with community leaders and representatives from all seven Muslim-majority countries affected by the Trump executive order — including Qmunity community outreach co-ordinator and Syrian refugee Danny Ramadan; Iranian-Canadian women's advocate Baharnaz Dehnadi; Somali refugee and student Ayan Ismail; and Zaid Yarub from Iraq.

A rally opposing U.S. President Donald Trump's Muslim country travel ban will be held this weekend at Peace Arch Provincial Park. DARRYL DYCK/THE CANADIAN PRESS

> This will be a peaceful and inclusive demonstration of what unites us as denizens of this planet
> No Ban, No Wall Facebook page

One of the event's organizers is Golsa Golestaneh, an Iranian refugee involved in the migrant youth advocacy group Fresh Voices B.C.

"We should stand together at all times," she told Metro. "We should be protesting against what is not right no matter if it's done by Trump or whoever in our government. Solidarity needs consistency."

Golestaneh said she "honestly wasn't shocked" by Trump's move, even though she was upset it put migrants at risk.

"We were already not really welcomed … it was just a more direct and honest way to put it," she explained. "My brother had applied for a U.S. visa under the Obama administration and he didn't get it.

"It's just the beginning. It's against all of us, and it will make us more vulnerable. The incident in Quebec is the proof and it's just the beginning."

Vancouver immigration lawyer Zool Suleman said that vigils and rallies are important ways for people to "show solidarity," in addition to lobbying politicians, building alliances, and being allies to marginalized communities.

PARTICIPATE

When and where
The U.S.-Canada border rally will take place Sunday from 10 a.m. to 3 p.m. in Peace Arch Provincial Park (138 Peace Park Dr., White Rock), coinciding with a simultaneous U.S. event.

EDUCATION

Seed needs scrutiny

Wanyee Li
Metro | Vancouver

A proposal to fund new schools and parks by allowing BC Hydro to build substations underneath them is not getting the due diligence the community deserves, says one former Vancouver School Board trustee.

The idea, called Seed, would provide money for two new elementary schools in the West End — one to replace Lord Roberts Annex and another next to the Coal Harbour Community Centre.

BC Hydro is giving residents one month to provide feedback on the proposal but former school board trustee Patti Bacchus says that's not nearly enough time.

"You need to allow time for community members to really get the information, have time to review it and possibly acquire some independent advice," she said, suggesting a complex project like this requires at least six months of consultation and review.

It may seem like a long delay but if the project is approved, parents and neighbours at Lord Roberts will have five years of construction to deal with and children will be attending school on top of a substation, Bacchus pointed out.

"Communities are asked to trade something off for a third party to build a school because the government is taking too long," she said.

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Don't expect privacy from U.S.

EXECUTIVE ORDER

Trump strips protections from all but U.S. residents

David P. Ball
Metro | Vancouver

Civil liberties groups are raising alarms about a little-reported executive order from U.S. President Donald Trump that may endanger the privacy of Canadians' personal information — and possibly even B.C. residents' medical data handled by a U.S. firm, they warn.

The Jan. 25 decree, which excludes non-U.S. residents' "personally identifiable information" from U.S. privacy laws, was hidden among a raft of controversial reforms Trump signed in his first week in office.

According to the executive order on domestic security, U.S. agencies must "ensure that their privacy policies exclude persons who are not United States citizens or lawful permanent residents from the protections of the Privacy Act regarding personally identifiable information."

Micheal Vonn is B.C. Civil Liberties Association policy director. RICK MADONIK/TORSTAR NEWS SERVICE FILE

That raises major red flags for B.C. Civil Liberties Association's policy director Micheal Vonn, "amounting to something very, very concerning" for Canadians.

"You can understand Canadians' calls for us to take up the U.S. government very quickly on the question of our vast government-to-government data sharing," Vonn told Metro in a phone interview Wednesday.

She said it's too early to know exactly "what kind of damage this is going to do to Canadians' privacy, but it is very clear that this is not good news. The consensus is that this is serious."

The concerns, she added, also hearken back to a pitched battle BCCLA and other privacy advocates fought and won more than a decade ago to ensure that the U.S. company Maximus — which the province contracts to administer its Medical Services Plan (MSP) and Pharmacare systems — couldn't be compelled to turn over Canadians' data to the U.S. government.

> **It is very clear that this is not good news.**
> Micheal Vonn

As a result, the province's privacy laws changed to ensure data remains in the country. The Ministry of Technology, Innovation and Citizens' Services — which is responsible for data protection — countered that citizens' medical information is secure and always stored within Canada, protecting it from U.S. reach.

"The B.C. Government does not store personal data on servers outside of Canada and spends a great deal of time and effort to ensure this is addressed in each vendor contract," a spokesperson stated in an email. "As per government's contract with Maximus, they are not permitted to store personal information outside of Canada.

But that doesn't allay advocates' concerns, for instance that a U.S. law enforcement or other agency might attempt to force Maximus to provide access to its servers or data.

"We are seeing a great push on the part of many government agencies within B.C. to modify this very strict requirement that data not cross the border," Vonn warned.

But she stressed that Trump cannot be solely to blame for weakening privacy rules. His predecessor, Barack Obama, issued his own executive order in his final days as president that allowed U.S. agencies to share information much more freely.

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Ripe Tx would offer the same features as Uber but would charge users B.C.-regulated taxi rates. RIPE RIDES/CONTRIBUTED

Uber-like service set to launch

RIDE-SHARING

Startup Ripe TX has applied for 150 licences, app online

Wanyee Li
Metro | Vancouver

A Vancouver startup has applied for 150 taxi licences in a bid to offer residents what every other major city already has — Uber, but with one important difference. Ripe Rides says it will follow B.C.'s laws on rates, accrediting drivers, and paying insurance.

The company launched in December 2015 with 20 luxury sedans for hire and an app that allows users to hail a car, track where the car is, who the driver is and his or her rating, see an estimated rate for the trip, autopay for the trip, and split the trip with a friend.

These features are nearly identical to the ones Uber boasts. But currently Ripe Rides only has 20 cars and they are not taxis — they are luxury cars that mostly businessmen use.

The Vancouver company always had bigger ambitions, said director of business operations, Nitesh Mistry.

"It was always in our growth plan and our strategy to expand to service more of the GVRD and more of the public."

It plans to launch a second app, Ripe TX, that would connect users to 120 taxis with the same set of Uber-like features.

But unlike Uber, Ripe Rides wants to play by the rules.

"At the end of the day, what we have applied for are taxi licences. What we have applied for is no different than what Uber could do right now," said Mistry.

"We are more than happy to play by the rules that have been set forth."

For its part, Uber says it does not consider alternatives such as Ripe Rides as its primary competition, a spokeswoman told Metro.

The company is instead focusing on its campaign to convince the B.C. government to allow Uber into the province.

"The provincial government should take action in the upcoming legislative session to expand the number of options available," said Susie Heath, spokeswoman for Uber Canada.

The province would not comment on when it would introduce new legislation for ridesharing but Minister Peter Fassbender, who was in charge of consultation for those regulations, told Metro in October he was looking for a "made-in-B.C." solution.

Mistry says he expects an answer from the Passenger Transportation Board on Ripe Rides' application in a few months.

IN BRIEF

Charges laid in fentanyl drug bust: Police

An RCMP investigation into a high number of overdose-related deaths in Surrey, B.C., has led to the arrests of three people.

The Mounties say they seized more than 4,000 doses of suspected heroin-fentanyl as well as other street drugs in raids last month during a two-month long investigation.

Police say a 30-year-old Surrey man was arrested on Jan. 13, while Lee Roy Braaten, 54, and Wanda Stopa, 47, were arrested at separate locations on Jan. 26.

Braaten and Stopa both face charges of possession of a controlled substance for the purposes of trafficking. THE CANADIAN PRESS

HEALTH

Tests confirm carfentanil in local drugs

Jeff Hodson
Metro | Vancouver

Laboratory tests have confirmed the presence of carfentanil, a powerful synthetic opioid, in the illegal drug supply in the Lower Mainland, the B.C. Ministry of Health revealed Wednesday.

Testing found carfentanil in 57 of 1,766 urine tests taken at treatment facilities across the Lower Mainland from Jan. 10 to Jan. 24, 2017. Specifically, positive tests were detected in Vancouver, Surrey, New Westminster, Maple Ridge and Richmond, the health ministry said in a press release Wednesday.

Testing for the drug is ongoing, with reports sent weekly to the Ministry of Health and the B.C. Centre for Disease Control.

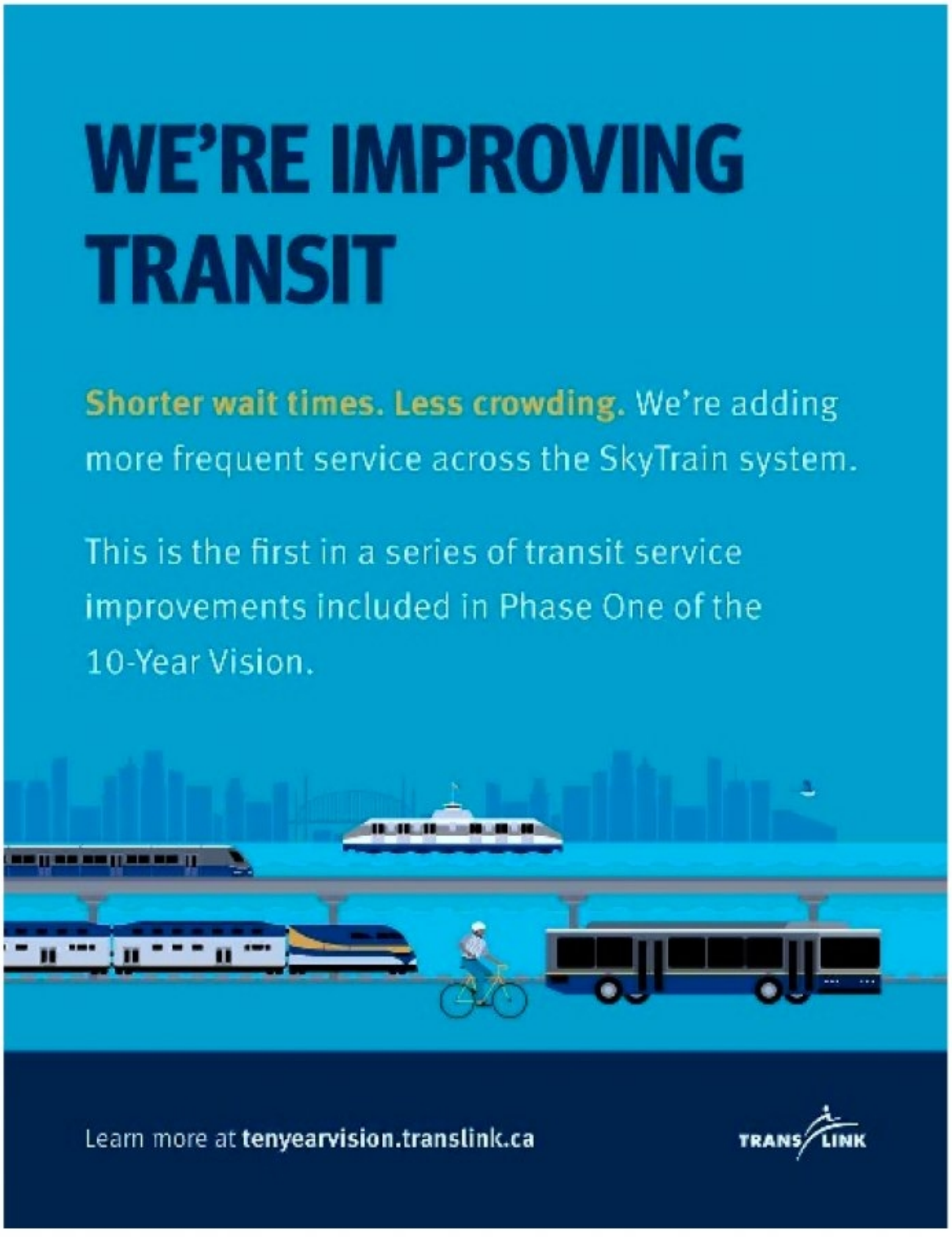
Carfentanil is a synthetic opioid (similar to fentanyl, but more toxic) that is used to sedate elephants and other large animals. More than one or two salt-sized grains can be toxic to humans. B.C. is in the midst of an illegal opioid overdose crisis that saw 914 people die in 2016.

57

The laboratory tests revealed that carfentanil was found in 57 out of 1,766 urine tests.

Carfentanil has been found at the site of one overdose death, although it has yet to be confirmed that it was the cause of death.

Health officials warn that there is no way of knowing whether carfentanil, or fentanyl, is present in illegal street drugs. They ask that people using drugs follow harm reduction measures such as never using alone, having naloxone present and calling 911 immediately in the case of an overdose. They also recommend that people use supervised consumption sites when possible.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NATIONAL IDENTITY

Poll asks what it takes to be 'one of us'

Who is a "true Canadian?" For the majority of respondents in a new survey, it's somebody who not only speaks English or French but also "shares Canadian customs and traditions" — a marker that Canadians prioritized more than even the Australians, French or Americans.

With an eye on nationalist movements and rising anti-immigrant sentiment, the Pew Research Center surveyed more than 14,500 people in 14 countries by asking: What does it take to be "one of us?"

In a report released Wednesday, Pew researchers found language was the most critical factor for how people defined a "true" member of their nation, with the Netherlands, Hungary and United Kingdom placing the highest premium on it.

Canadians and Italians were the least likely to link language with national identity. But in Canada, 54 per cent of 1,020 respondents placed a high premium on shared "customs and traditions" when defining the Canadian identity.

In Canada, 54 per cent of 1,020 respondents also placed a high premium on shared "customs and traditions" when defining the Canadian identity, with only Hungary, Greece and Poland showing larger proportions of people who prioritized shared culture — something that "jumped out" for Bruce Stokes, the author of the report.

"For whatever it means, Canadians seem to value customs and traditions more so than even people in the U.S. or in many of the European countries," said Stokes, director of Global Economic Attitudes with the Pew Research Center, a non-partisan think tank based in Washington, D.C.

Like all polls, this one has important limitations, including the fact the nebulous phrase of "national customs and traditions" was not defined and left for individual respondents to interpret.

TORSTAR NEWS SERVICE

Let's talk transit fares

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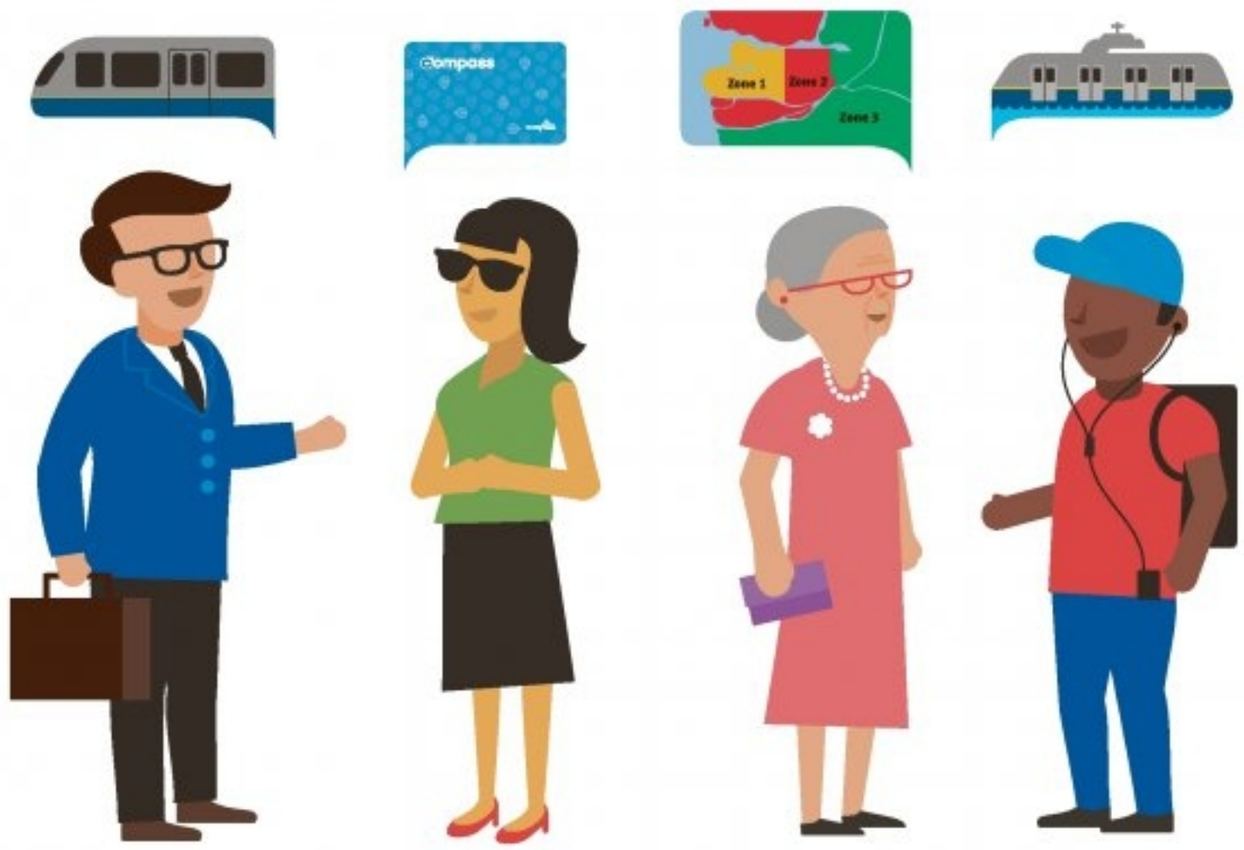

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'We'll never feel the same'

QUEBEC CITY

A heartbreaking return to mosque after shooting

Bloodstains inside the mosque on Wednesday. CANADIAN PRESS

Three Muslims returned to the Centre Culturel Islamique de Québec before dawn Wednesday for morning prayers, kneeling on carpets still blood-stained from the attack that took place.

The shoes of the six men shot dead were still at the entrance. Bullet holes pierced the walls. Blood stains blemished green and beige carpets.

Hearing it was reopened, members of the congregation trickled in slowly to see their place of worship forever changed.

"It's not the same feeling that I had felt (for this mosque)," Amel Henchere said between sobs. "Before the drama this was our place of culture, our place of peace … we'll never feel the same."

She added that it was important for her to come back to her community space, despite the grief, to fight her fears.

"It's hard for all of us to come back here and pray," agreed Ahmed Elrefai, who said there were three worshippers in attendance. "But people are urging us to open as soon as possible. So we prayed, even with the blood on the floor."

A prayer mat and toppled microphone lay at the front of the room, soiled with blood and surrounded by broken drywall from the bullet holes that pierced the walls. Bloodstains trail down stairs into the basement, where victims went into hiding after they had been shot.

Everything will change here, said Samir, who declined to give his last name, but administers the mosque's Facebook page.

Samir said police returned the keys Tuesday night. While the mosque is now open, he said that he doesn't believe the congregation will pray the same way again, with backs to the door.

"We have fear behind us," he said. "I don't know how we will be able to turn our backs on that … We have to find a way to protect ourselves."

TORSTAR NEWS SERVICE

President Donald Trump holds an African-American History Month listening session in the Roosevelt Room of the White House on Wednesday in Washington, DC. AFP/GETTY IMAGES

Black History Month talk all about Trump

POLITICS

President discussed evils of media and own triumphs

Happy Black History Month, everyone. Have you heard about the greatness and persecution of Donald J. Trump?

The president of the United States held an "African-American History Month listening session" in the Roosevelt Room of the White House on Wednesday. He began with a five-minute monologue that was more about himself — his campaign, his popularity, his alleged mistreatment by the media — than it was about African-Americans.

"OH. MY. EFFING. GAWD. Trump's Black History Month speech is an abomination," Sil Lai Abrams, author of the book Black Lotus, wrote in a representative post on Twitter.

Trump's remarks bore no resemblance to the Black History Month speeches of Democrat Barack Obama, the first black president, nor did they resemble those of Republican George W. Bush. Trump appeared more interested in the evils of the media and triumphs of his own.

His third paragraph, for example, started with a lone sentence about the Rev. Martin Luther King Jr. It was followed by 10 sentences of media criticism.

Trump said King's "incredible example is unique in American history." Immediately, he pivoted to his oft-repeated gripe about a Time reporter's erroneous claim — which the reporter quickly corrected and apologized for — that he had removed a King bust from the Oval Office after moving in.

"You read all about Dr. Martin Luther King a week ago when somebody said I took the statue out of my office. And it turned out that that was fake news," Trump said.

Trump did not spend any more time discussing the other black icons he mentioned. About Frederick Douglass, the 19th-century slavery abolitionist and writer, Trump said in full: "Frederick Douglass is an example of somebody who's done an amazing job that is being recognized more and more, I notice."

He did not show that he was aware of the nature of Douglass's work or life. Neither did press secretary Sean Spicer when asked for clarification of Trump's comment. TORSTAR NEWS SERVICE

YEMEN

Trump makes unannounced trip to honour fallen Navy SEAL

Assuming the sombre duties of commander in chief, President Donald Trump made an unannounced trip Wednesday to honour the returning remains of a U.S. Navy SEAL killed in a weekend raid in Yemen.

Chief Special Warfare Operator William "Ryan" Owens, a 36-year-old from Peoria, Illinois, was the first known U.S. combat casualty since Trump took office. More than half a dozen militant suspects were also killed in the raid on an al-Qaida compound. More than a dozen civilians were also killed in the operation. THE ASSOCIATED PRESS

GLOBAL DIGEST

UNITED KINGDOM

Brexit inching closer

Britain moved closer to leaving the European Union Wednesday as lawmakers backed a bill authorizing divorce proceedings and kept alive the government's plan to trigger Brexit talks within weeks.

The House of Commons decisively backed the bill by 498 votes to 114, sending it on for committee scrutiny.

The result was a victory for the Conservative government, which had fought in court to avert the vote out of fear Parliament would impede its Brexit plans.

Lawmakers also defeated a "wrecking amendment" proposed by the Scottish National Party that sought to delay Britain's exit talks with the EU because the British government has not disclosed detailed plans for its negotiations. THE ASSOCIATED PRESS

IRAN

U.S. puts Iran 'on notice'

The White House issued a cryptic warning Wednesday that the U.S. will act against Iran unless it stops testing ballistic missiles and supporting Houthi rebels in Yemen, but declined to say what retaliatory actions the U.S. would pursue.

Michael Flynn, President Donald Trump's national security adviser, forcefully denounced Iran's behaviour in his first public remarks since Trump took office.

He accused Iran of threatening U.S. allies and spreading instability throughout the Middle East while faulting the Obama administration for doing too little to stop the Islamic Republic.

"As of today, we are officially putting Iran on notice," Flynn said from the White House podium.

On notice for what, Flynn didn't say. THE ASSOCIATED PRESS

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PHILOSOPHER CAT by Jason Logan

CHANTAL HÉBERT ON THE PM'S ELECTORAL REFORM PROMISE

It is fair to ask whether Trudeau was ever serious about keeping his word to Canadians.

As recently as his town hall tour Trudeau was insisting that he was still interested in changing the voting system.

In early December, the prime minister similarly told the Star editorial board that he remained committed to having a new system in place by 2019.

"I make promises because I believe in them... Canadians don't expect us to throw up our hands when things get difficult," he proclaimed.

But things, as it turned out, never had a chance to get difficult.

For it is fair to ask whether Trudeau was ever serious about keeping his word to Canadians. From day one, his government's actions on the file never matched his words.

With a clock ticking on the logistical feasibility of replacing the first-past-the-post system in time for 2019, it took months for a special parliamentary committee to be set up.

Once it was in place, the government never advanced a position or tried, in any way, to craft the consensus that it now says it has failed to find.

For months on end, the opposition parties and Canadians alike were left to try to divine Trudeau's thinking.

At times, it was as if the Liberals were going out of their way to ensure that no pattern could be discerned in the tea leaves they purported to be guided by.

They rejected both the notion of putting various options to a consultative referendum or of asking Canadians for their preference in the massive online consultation they engaged in at the end of last year.

In politics, a consensus is not like a rare mushroom only to be found by an extraordinarily lucky hunter. In any event, in this case, the government seemed more concerned with burying any hint of a consensus than unearthing one.

It is true that the exercise did not elicit much appetite for a ranked ballot, Trudeau's preferred alternative to the first-past-the-post system. But then it is not as if the government even tried to make a case for it.

The opposition parties feel that they were taken for a yearlong ride, and it is hard to disagree with them.

As the sole elected MP of her party, Green leader Elizabeth May did double and triple duty last fall to participate in the process. Electoral reform is a long-standing priority of her party. On Wednesday she said she had never felt so betrayed by a government.

For his part, the NDP's Nathan Cullen called the prime minister a liar.

Expect parliamentary cooperation, going forward, to be hard to come by.

There are those who will argue that Trudeau is wise to walk away from his electoral reform promise as he needs to clear the decks to focus on the Canada/U.S. front.

But then one could make that same pronouncement about many other Liberal commitments including some that are more likely to act as irritants in dealing with the new White House. The plan to legalize marijuana comes to mind.

The election of Donald Trump has brought about a major reallocation of government resources on Parliament Hill. But it would be easier to find virtue in the government's timing if it had shown one ounce of political will to fulfil its promise in the full year that preceded the American election.

Or if Trudeau had not continued to maintain he still meant to go through with changing the voting system months after Trump's victory.

The prime minister could have come to Canadians this week to say he had underestimated the time required to reform the system and that he needed to push back the deadline for achieving his goal beyond 2019. But Wednesday's announcement was about pulling the plug on the plan, not about recasting it.

Canadian voters are a forgiving lot. The assumption by Liberal government strategists that most will not be inclined to punish Trudeau for breaking a promise that never ranked high in the electorate's list of priorities is probably right.

After all, a plurality of Canadians did not hold it against Jean Chrétien that he broke the more central promise to replace the GST.

There are parallels. Both commitments were shiny Liberal platform objects that turned out to be little more than cheap props. Plus ça change!

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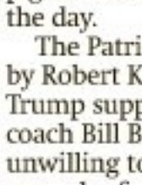
Face it: Politics and pigskin come as a pair



Vicky Mochama
Metro

For the first time, I'm ever-so-slightly cheering against my own team. I am a New England Patriots fan and even I have to admit this amounts to being a Trump supporter.

In late 2015, a reporter noticed that Patriots quarterback Tom Brady had a Make America Great Again hat in his locker. When asked if he thought Trump would make a good president, Brady said, "I hope so. That would be great." He has since been banned from talking about politics by his wife, Gisele Bundchen.

Despite what Gisele wants, football is inseparable from politics and always has been. From the civil-rights actions of players in the '60s to today's issues around domestic violence and concussion science, the politics of the pigskin reflect the politics of the day.

The Patriots are owned by Robert Kraft, an ardent Trump supporter. And head coach Bill Belichick, though unwilling to say it out loud, is enough of a fan that he sent Trump a letter of support. The man barely speaks to media; what is he doing writing a whole letter?

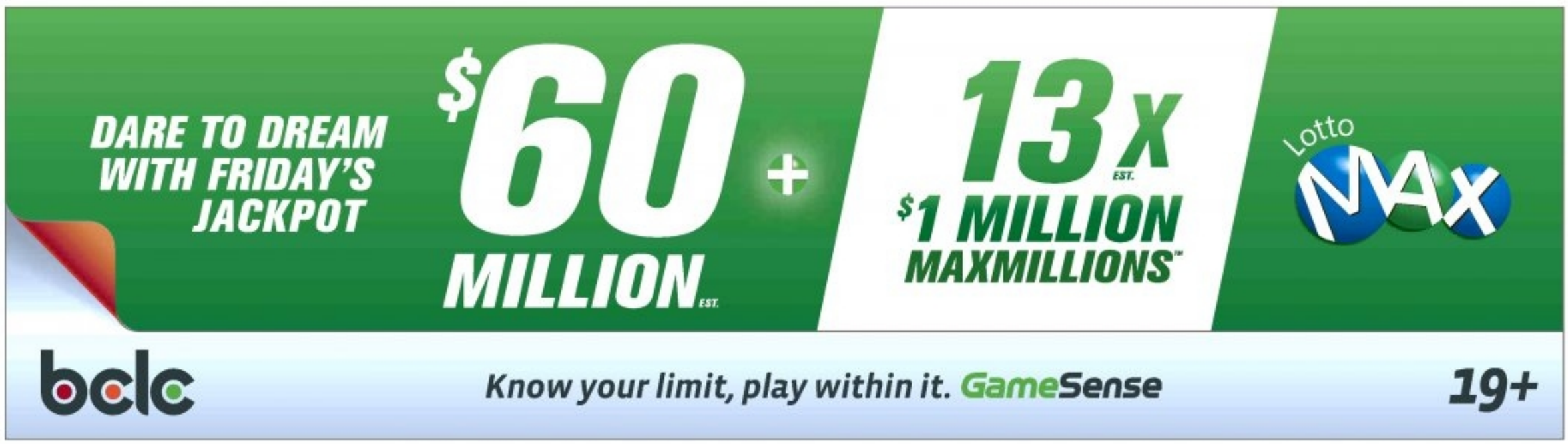
When I would explain where the Patriots fandom lies in the football landscape, I used to say, "It's like cheering for Scar in the Lion King." Since the team's leadership is firmly pro-Trump and bound for another Super Bowl, I'll probably add, "Now imagine if Scar won the Electoral College but not the popular vote."

I get even more distraught when thinking about the opposing team: the scrappy Atlanta Falcons. Where the Pats are rooted in white Bostonian culture, the Falcons are a reflection of Atlanta's rich black life. Michael Vick, a former quarterback, wrote for Players, "… it meant a lot to me to be able to give the black kids of Atlanta their very own black quarterback."

Arthur Blank, the Falcons' owner, is noted for his philanthropy and generosity to Democratic Party causes. He's also Jewish, and recently criticized Trump for omitting Jews from his Holocaust remembrance message.

There's not even a break from politics during commercial breaks. Budweiser's Super Bowl ad shows the immigrant origin story that led to the creation of beer giant Anheuser-Busch InBev. (InBev came much later via mergers and acquisitions. I look forward to that commercial.) A handful of others carry a political message: KIA would like you think about the environment, Audi has some questions about gender equity (the answer is: buy an Audi); even GoDaddy winks at women in tech.

In its loud, contradictory and hyper capitalist way, the Super Bowl distils the complicated nature of our politics. Every day we vote with our choices. So sometimes, in cheering for the Patriots, I, like many, find myself rooting against my interests.



metro LIFE

Your essential daily news

Hillary Clinton will reflect on her election loss in a new book coming out this fall

A GUIDE TO TELEVISION ZOMBIES

The Walking Dead's return is a week away, but here's something to sate your appetite, zombie fans: **Netflix's Santa Clarita Diet**, dropping Friday. Drew Barrymore's suburban realtor mom with a gory secret is the latest addition to the ever-growing roster of TV's undead. **Here's a primer on five shows to catch this year with varying degrees of humour, heart and braaaaains**. Minor spoilers follow. EVA LAM/METRO

The Walking Dead (AMC)

What's the zombie science?: The z-word is never used: biter, the infected and, oddly, geek are other sobriquets. Every human is infected with a virus that reanimates them after death, unless the brain is destroyed. We may never know the whole story; creator Robert Kirkman said defining the outbreak's origins isn't a priority. **How traditional are the zombies?** Like the gold-standard Romero zombie, walkers are relatively slow and not terribly intelligent. While the undead present a very real danger, TWD's various human villains drive home the message that Man Is The Real Monster, **which makes this series ideal for fans of:** Night of the Living Dead, 28 Days Later. **Mid-S7 premieres Feb. 12.**

Z Nation (SyFy)

What's the zombie science? The Centers for Disease Control-dubbed ZN1 virus is responsible for turning the world into a zombie wasteland, and as with TWD, only brain trauma can kill a victim. A sole human, a prisoner named Murphy, appears to be immune to infection three years after the initial outbreak. **How traditional are the zombies?** Hey Walking Dead, Z Nation sees your melted walkers and raises you irradiated zombies and zombie-plant hybrids. Aside from these fancy outliers that appear in a few episodes, the zombies of Z Nation are generally faster than those of TWD, especially when they are "fresh." And without giving too much away, did someone say zombie telepathy? **For fans of:** Resident Evil, From Dusk Till Dawn. **S4 premieres later this year.**

Santa Clarita Diet (Netflix)

What's the zombie science? Drew Barrymore's Sheila Hammond has an epic pukefest, dies and wakes up craving tasty human flesh. The "why" isn't entirely clear but hey, on to the wacky hijinks. **How traditional are the zombies?** Sheila's no shambling, dead-eyed ghoul. She resurrects with heightened energy and confidence; as she perkily tells her concerned yet supportive husband Joel, she may eat people but she "can also parallel park in one move now." **For fans of:** Dexter, United States of Tara. **Series premieres Feb. 3**

iZombie (The CW)

What's the zombie science? This is one sports drink that should come with a whopper of a warning: The popular in-universe Max Rager beverage, taken in combination with a street drug, has the side effect of zombie-ism. Humans can also be turned through sexual contact or a scratch, the latter being how our hero Liv Moore becomes iZombie. **How traditional are the zombies?** Liv craves brains, and if she goes without for too long she becomes dumber and more aggressive. Liv finds a steady source of non-living brains through her job at the medical examiner's office. Each brain she eats gives her the person's memories and personality for a short time, and like an undead Nancy Drew she uses her newfound powers to help solve the person's murder. **For fans of:** Veronica Mars, Dead Like Me. **S3 premieres April 4.**

Glitch (Netflix)

What's the zombie science? The mystery behind the resurrection of a group of strangers in the fictional Australian town of Yoranna is a major plot point. Hints are dropped about the involvement of a shady pharmaceutical company as a police officer and a doctor investigate the events. **How traditional are the zombies?** The risen notably do NOT crave brains and other than some initial confusion and amnesia appear to be in perfect health, whether they've been dead for two years or 200, with all their original personality and skills, including, in one character's case, playing the piano. They're preoccupied with all-too-human matters like love triangles and estate disputes. **For fans of:** The Returned, The OA. **S2 premieres later this year.**

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Queen Bey can lift veil on mom issues

OPINION

Pregnancy is awesome news — and a good time to reflect

Melita Kuburas and Genna Buck
Metro Canada

Beyoncé is about to become an even busier mom: The superstar announced Wednesday she is pregnant with twins, expanding her family with husband Jay Z and daughter Blue Ivy.

Beyoncé is known for her activism — she has sampled a rousing speech on feminism by writer Chimamanda Ngozi Adichie in Flawless, criticized police brutality, and also campaigned for Hillary Clinton.

So here are four critical maternal-health causes that could benefit from having Queen Bey sprinkle her unique influence and impact on them as she prepares for the arrival of her twins:

1) Global maternal health
The number of maternal deaths globally per year has gone down an astonishing 45 per cent since 1990, even as the population grew by 2 billion people.
But that progress is fragile, and could be jeopardized by the strict conditions President Trump has ordered upon U.S. family planning funding in the developing world.

2) Vaccination
Celebrity support — mostly from Z-listers like Jenny McCarthy — has fanned the flames of anti-vaccination conspiracy theories, lending them legitimacy and leading to real-world consequences, like the resurgence of measles and whooping cough in North America.

One Instagram photo of Bey and the twins getting their shots could help turn the crazy train around.

3) Parental leave
The United States is still the only industrialized country with no guaranteed paid maternity leave. Queen Bey could use her privileged position to advocate for women — especially low-income and minority women — who get by with a whole lot less.

4) Breastfeeding
The pressure to conform to "breast is best" ideology because of breastfeeding's health benefits has led to a brutal battle in the ongoing mommy wars. If Beyoncé opened up about her own nursing, or made a point to support women no matter how they choose to feed their babies — she could go a long way to healing the rift.

Yes, we recognize this multi-hyphenate woman will have a lot to worry about with a new brood and thriving career. But on Instagram she has already shown she celebrates the beauty and power of a pregnancy, so we think Beyoncé would approve of using this opportunity as another reminder of women's health, and how it's under threat under the current U.S. presidency.

Beyoncé announced her pregnancy on Instagram. INSTAGRAM

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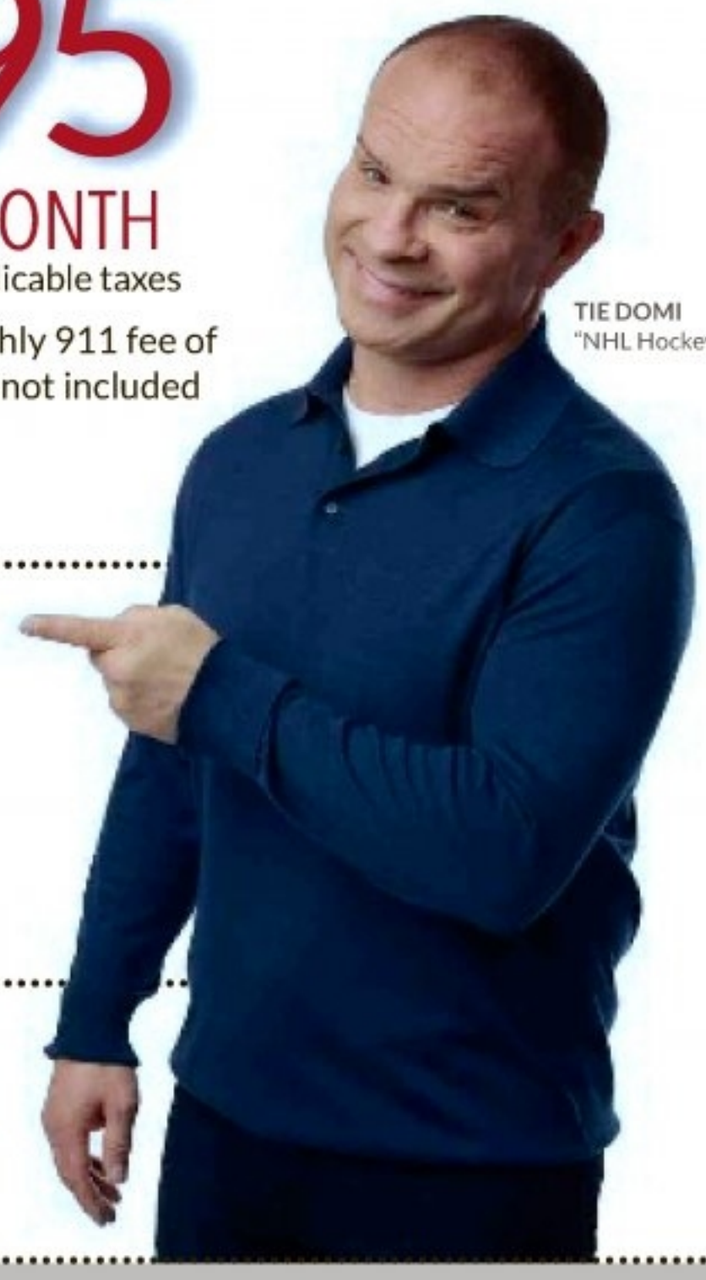

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An important step is the saving process. Take a look at everything you spend money on. ISTOCK

Boosting your financial spirits

YOUR MONEY

With some easily applied steps, you can return to the investing game

Liz Bruckner

We get it: saving can be hard. Factor in the skyrocketing cost of basic life necessities, and it's little wonder that a growing number of Canadians have a less-than-positive outlook about their financial futures.

"As a society, there's been a shift in terms of what is and isn't affordable," says Lisa McConnell, a financial advisor for Sun Life Financial. "Job security isn't what it was, health benefit packages are becoming scarce, and expenses are continually on the rise. It's fair to say that people feel like they can't bank on the future as they have in the past."

Case in point: A survey from 2007 cited 37 per cent of Canadians anticipating that would not be able to afford their lifestyle in 2017. Fast forward to today, where a follow-up study found that 37 per cent of participants felt they've had to cut back on purchases, and an additional 39 per cent expressed concern that they'll likely have to cut back on their spending more significantly by 2027.

"When I try to imagine my financial future, I foresee a lot of challenges," says 22-year-old university student Sara Whetung. Currently a full-time student studying Indigenous Studies at Trent University in Peterborough, Ont., Whetung cites the lack of job security upon graduation as her biggest concern, with paying off school-related debt, being able to afford to buy a home, and potentially going back to school for a second degree as additional concerns. "As much as I'm currently trying to balance my finances and train myself to keep necessities important and my list of 'wants' low on the priority list, it's a very difficult process," she says.

Not surprisingly, Whetung is not alone. Because Canadians are generally pessimistic about the rising cost of inflation, are underwhelmed by their salaries, and have limited funds with which to save for retirement, studies are showing that they're also not contributing to RRSPs and investments as in prior years. In fact, 35 per cent of those surveyed don't contribute at all, while 29 per cent feel indifferent about the process.

> **It's very common to meet people who feel less than inspired about their financial futures**
>
> Laurrell Mohammed, manager of corporate and public affairs for TD Bank Group

"As a financial planner in today's market, it's very common to meet people who feel less than inspired about their financial futures," says Laurrell Mohammed, manager of corporate and public affairs for TD Bank Group.

So what's the best way to get into — or return to — the investment game? First things first: Be honest about your goals. "It's the most integral part of the process because you need to understand what you want to do with your money, why these goals are important to you, and what sort of time frame you hope to attain them in," Mohammed says. "Speaking to a financial planner is key because once they understand your dreams for the future, they can more accurately help you develop a plan to help those goals come to fruition."

Next on the agenda: Kicking off the saving process. Take a look at everything — yes, every single thing — you spend money on in a month, suggests Mohammed. Then, identify and limit impulse spending, and work to eliminate discretionary items that aren't a necessity.

Finally, once you've committed to the investing process, keep your focus. Mohammed and McConnell agree that saving and staying in the investment mindset is easier when you keep your goal(s) top of mind. "Regardless of how much capital you're able to contribute, the point is to start, and once you've done that, you need to narrow your view on tangible and realistic goals," says Mohammed.

THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

metro HOME
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Anti-homelessness activists occupied vacant London, U.K., mansion

MEET THE CONDO

Boutique west-side living

CONTRIBUTED

Project overview

Camellia is a six-storey development at Cambie Street and 51st Ave. in South Vancouver featuring 56 condominiums and six townhomes separated by a private courtyard. Development is being handled by Minglian Group and featured architecture by GBL Architects and interiors by Lot 30 Design.

Housing amenities

Sit atop a private rooftop terrace with views of the stunning Langara Golf Course, or chop vegetables from the urban agriculture plots for dinner on the engineered quartz countertop in the kitchen. Afterwards, residents can relax in the outdoor leisure area, or work a sweat in the fully equipped fitness room.

Location and transit

Residents can enjoy a short walk to the Langara — 49th SkyTrain Station along the Canada Line to reach downtown Vancouver in a few minutes, or head south to reach Richmond or YVR airport. Cambie Street is also one of the more expansive streets in the city with frequent buses going through.

In the neighbourhood

Camellia is fortunate enough to be located near many amenities such as Langara Gardens and Oakridge Centre. Residents can take part in Samurai Sushi's famously large sushi rolls, or shop at a number of stores such as Choices Market for their home needs.

NEED TO KNOW

What: Camellia
Developer: Minglian Group
Builder: Minglian Group
Designer: Architecture by GBL Architects, Interiors by Lot 30 Design
Location: Cambie and West 51st Ave.
Building: Six storey condominiums with townhouses
Sizes: Starting at 630 sq. ft.
Model: One bedroom up to three bedroom
Pricing: Starting at $1,110 sq. ft. avg.
Status: Selling
Occupancy: Contact Sales Centre
Sales centre: 5890 Cambie St.
Phone: 778-297-5558
Website: camellialiving.ca

Hotel Henriette features a dramatic modern dining space which has a dark graphic wallpaper from Arte and is one of the stylish spaces featured in Hotel Chic at Home. HANDOUT

Q & A

How to bring hotel chic home

Inspired by the interiors of boutique hotels around the world, author Sara Bliss wanted to share easy and affordable tips on how to bring that style home.

In Hotel Chic at Home (The Monacelli Press), she tries to capture the transformative power of travel, and that moment in a stylish hotel when you say to yourself, "Why can't my life be more like this every day?"

Bliss, author of seven books, gathers design ideas from innovative small hotels, from Marrakech, Morocco to Palm Springs, Calif., and talks with some of the designers. She has chapters on subjects including foyers, lighting, dramatic walls and floors, and setting the scene with art.

What is it about these hotels that caught your imagination?

Boutique hotels have become incubators for new interior design trends that not only transport visitors to Thailand or Tuscany, but solve familiar design challenges on a budget, while setting an unforgettable mood. It's a magical mix of feeling both transported and at home, and there are plenty of ideas that can easily be adapted at home.

One of the things I love about these hotels is that they are pretty fearless in their design choices.

Is it important to stick to a single theme?

Mixing up inspiration from Africa and France and Morocco is perfectly OK. It's coolest when it's organic and reflects things you love. Big, crazy design ideas are sometimes too fun to talk yourself out of — and they'll always be memorable and meaningful.

What are quick and affordable ways to add glamour?

Cubes painted shiny gold would glam up any room as side tables. And for walls, I love dark colours. So many of the hotels I visited feature a beautiful dark space lit by candlelight in the evenings. If painting an entire room is too much, employing stencils or graphics, even on a single surface can have big impact.

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5 WAYS TO BRING IN SPRING

Green may represent the fresh start we all crave, said Pantone in claiming a green-yellow hue as its colour of the year. Here are five ways to work it. **TORSTAR NEWS SERVICE**

1 Furniture

Not for the commitment-shy, investing in a piece of furniture, whether it's a sofa or an accent chair, is not within everyone's budget or comfort level. But if you do dare to go green, go big with this sumptuous, velvet sofa. **Sven sofa in grass green, $1,299, article.com.**

2 In living colour

For the commitment-phobe, add a pop of green by mixing in a little living colour. Go with fresh plants and flowers or go faux if your thumb is more black than green. This lucky bamboo plant works in a small space, and the majesty palm can be moved outdoors when patio weather arrives. **Ravenea (majesty palm), $19.99, ikea.com.**

3 Walls

Try painting an accent wall in this year's hue — it's easy to swap out with a new colour when the mood strikes — or commit to a pretty wallpaper to make a stylish impact in a small space or on a feature wall. **Julia Rothman Daydream (Green) Tiles, $58 (U.S.) for set of two 24-by-32-inch tiles, hyggeandwest.com.**

4 Textiles

Soft textiles - decorative pillows, bedding, throws or drapery (if you are more daring) - are other ways to experiment with colour, along with adding pattern and texture to a room. A touch of green within the pattern on a pillow or a cosy woven throw lets you add green with a moderate level of commitment. Layer on all the greens in this Japanese paper-inspired pillow. **Windsor Park palm pillow cover, $46.95, tonicliving.ca.**

5 Everyday objects

Accessories are often inexpensive ways to satisfy your desire for an on-trend colour. Stack vintage books in tones of green on a shelf, look for pretty shallow dishes to hold spare change or keys in the front entry or fill a pretty faceted glass vase with fresh flowers and double the dose of greenery. **Hasani Angular Vase by Eightmood, $24.50, indigo.ca.**

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The Patriots rallied late to defeat the Falcons 27-24 in EA Sports' Madden 17 Super Bowl simulation

Shapovalov adapting to life as a pro player

TENNIS

Ankle injury, life on the road have challenged 17-year-old

Denis Shapovalov is currently ranked No. 234 in the world. JUSTIN TALLIS/AFP/GETTY IMAGES

Denis Shapovalov's transition to professional tennis hasn't come without its struggles.

An ankle injury suffered last fall while training made the 17-year-old Canadian prospect wonder whether turning pro was the right move. Shapovalov had even entered into the junior tournament at the Australian Open in hopes of getting some more playing time.

But after chatting with his team, it was decided that there wasn't any point in going back to the junior ranks.

"If I commit to pros, I really got to stick to it and I think it was a good decision," Shapovalov said in a phone interview from Ottawa, where he's preparing for this weekend's Davis Cup World Group tie against Britain.

Shapovalov, from Richmond Hill, Ont., originally decided to jump from juniors to the pros after winning the Wimbledon boys singles title last July. Increased travel demands, however, have resulted in Shapovalov being home for only a few days so far this year.

"Obviously it's tough, missing my parents, family in general but I'm getting used to it," Shapovalov said.

"It's the life and hopefully I'll get some time to go home maybe for a week or a bit to catch up on things."

Shapovalov, currently ranked No. 234 in the world, broke into the spotlight in 2016. Along with the Wimbledon victory, he shocked current world No. 15 Nick Kyrgios in the first round of the Rogers Cup in Toronto and earned a Davis Cup singles victory in his debut against Chile in September.

Shapovalov has carried that momentum into this year and already has a victory over Pierre-Hugues Herbert of France, then ranked No. 76, in the round of 16 at the East Hotel Canberra Challenger in Australia.

The southpaw underwent a coaching switch in the off-season, splitting with Adriano Fuorivia, who he had worked with for over four years. Canadian Davis Cup captain Martin Laurendeau was hired as his replacement.

Though Laurendeau praises Shapovalov's ability, he cautioned that the teenager is currently is a key transition period.

"It's where they either make it or break," Laurendeau said. "It's not a given that if you're a top junior in the world that you automatically become a top player in the men's game.

"You have to be patient and disciplined and just go through the steps and just make sure we manage that career carefully with wild cards. You don't have to speed up somebody so fast that you burn some steps, but you don't want to hold him down either so it's always a fine balance and that's the challenge." THE CANADIAN PRESS

NHL

Marleau on cusp of 500-goal milestone

Patrick Marleau is closing in on the 500 career goal milestone the same way he has played the rest of his 19 years in the NHL: with alarming speed.

With six goals in his past four games for the San Jose Sharks, Marleau has moved within one goal of becoming the 45th player to reach the 500-goal mark in his career. Only 17 members of the 500-goal club reached the mark with their original team like Marleau can do. He gets his next chance on Thursday night when the Sharks (32-17-2) visit Vancouver (23-21-6).

"It feels good," Marleau said. "It's one of those things you just can't help but be asked questions about it or talk about. Just the way the team is playing right now is a bonus."

Marleau has carried the Sharks the past few games with a four-goal third-period outburst at Colorado last week followed by another game-winning goal the next night in Winnipeg and then the first goal in San Jose's first game back from the all-star break, a 3-1 win over Chicago on Tuesday night.

The 37-year-old Marleau is second on the Sharks with 18 goals and is on pace for his most goals since 2013-14 as coach Peter DeBoer said this is the best play he has seen from Marleau in DeBoer's two years in San Jose.

Patrick Marleau GETTY IMAGES

"He's an incredible athlete," DeBoer said. "There's a reason he has the numbers and the longevity that he has. I'd like to say I'm not surprised, but I think the fact that he's playing at even a higher level than he did last year is great for us. He's obviously feeling good about it, and he's in a good spot." THE ASSOCIATED PRESS

NHL IN BRIEF

Backstrom's 3-point night leads Caps past Bruins

Nicklas Backstrom had three points and Alex Ovechkin continued to climb the NHL's goal-scoring charts as the league-leading Washington Capitals beat the Boston Bruins 5-3 on Wednesday night.

Ovechkin passed Ron Francis for 27th on the all-time scoring list. THE ASSOCIATED PRESS

Blues fire Hitchcock

The Blues abruptly fired coach Ken Hitchcock on Wednesday, cutting short the veteran's final season in St. Louis and putting coach-in-waiting Mike Yeo in charge of the underperforming team months earlier than planned.

St. Louis went just 5-8 in January and have a record of 24-21-5. THE ASSOCIATED PRESS

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Celtics snatch victory from Raps

NBA

Thomas on fire in final quarter as Toronto blows big lead

Isaiah Thomas scored 19 of his 44 points in the final quarter to lift the Boston Celtics over the Toronto Raptors 109-104 on Wednesday night in a showdown for first place in the Atlantic Division.

It was the fifth straight win for Boston, which moved 1 1/2 games ahead of the Raptors in the division and holds the Eastern Conference's No. 2 seed.

Jae Crowder scored 14 points for the Celtics and Al Horford had 11. Thomas had 18 of Boston's final 23 points.

Kyle Lowry led Toronto with 32 points, former Celtic Jared Sullinger had 13 and Norman Powell added 12. The Raptors have lost seven of nine.

In a final quarter that rivalled playoff intensity, Celtics forward Jaylen Brown was fouled on a breakaway attempt and walked over and had words with Lowry — before a few other players joined in and had to be separated by the officials.

Boston's Terry Rozier and the Raptors' DeMarre Carroll were each given a technical foul.

With the Celtics trailing by eight, Thomas scored nine straight points to give them their first lead of the game — 95-94 on a driving basket with 4:39 to play.

The lead changed hands six times over the next 3 1/2 minutes — with Thomas' 3-pointer from the left wing giving Boston a 103-101 edge with 48.1 seconds left.

Toronto led by 11 at the halftime and scored 13 of the first 19 points in the third, pulling to a 75-57 edge on Lowry's 3-pointer from the right corner.

G DeMar DeRozan was out for the fifth time in six games with a right ankle injury.

THE ASSOCIATED PRESS

The Celtics' Marcus Smart, above, grabs a rebound over the Raptors' Jakob Poeltl during the second quarter in Boston on Wednesday. MADDIE MEYER/GETTY IMAGES

WEDNESDAY in Boston

109	104
CELTICS	RAPTORS

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Attention all seniors:

How is your quality of sleep?

Researchers from the University of British Columbia are inviting people who are between the ages 65-85 and experiencing a decline in their quality of sleep to participate in a research study. This study aims to determine whether a combination of sleep seminars, bright light therapy, and physical activity encouragement can improve sleep.

The study lasts for 6 months and is free for participants.

For more information, please contact Serena Midttun, Recruitment Coordinator, at 604-875-4111 Ext. 69313

This study is being conducted by Dr. Teresa Liu-Ambrose

Sam understands Patriots' success

SUPER BOWL

Ex-player says Brady, Belichick have next-level drive

They're pro football's dynamic duo, the crusty head coach and ageless quarterback, chasing yet another Super Bowl title.

But former Patriots receiver P.K. Sam believes it's a burning desire to constantly prove themselves that sets New England's Bill Belichick and Tom Brady above the rest in the NFL.

"It's a rare case of two people being on the same page," Sam, also a former CFL player, said via telephone. "They both had a lot to prove and I think they just came together and said, 'No matter what, we're going to do this.'

"It's something I don't think we'll see again in our lifetime."

Belichick became New England's head coach in 2000, five years after being fired by the Cleveland Browns. Brady, now 39, arrived months later as a sixth-round draft pick despite a 20-5 record as a two-year starter at Michigan. They'll make a record seventh Super Bowl appearance together Sunday when New England faces the Atlanta Falcons. A win would be their fifth, the most for a head coach-quarterback tandem.

The six-foot-three, 210-pound Sam knows a thing or two about Belichick and Brady. The former Florida State receiver was a 2004 fifth-round pick by New England and spent two seasons there, receiving a Super Bowl ring as a 21-year-old rookie. Since '01, New England has the NFL's most regular-season (196), playoff (24) and Super Bowl wins (four). Belichick and Brady have been a constant for a franchise forever tweaking its roster.

Sam, 33, appeared in two of New England's first five games in 2004 before going on injured reserve with a groin injury. Sam said he locked horns with Belichick about the move because it cost him roughly $70,000 US in salary and Sam felt he could've returned later that season.

Tom Brady and Bill Belichick continue to make history as a QB-head coach tandem in New England. BILLIE WEISS/GETTY IMAGES

Sam went to the reserve/suspended list in January 2005 after violating team rules. He wasn't with the Patriots when they beat the Philadelphia Eagles 24-21 in Super Bowl XXXIX.

"What people don't know was back in my day if you were drafted after the third round, you had what was called a split contract," said Sam, now working in IT sales in Dayton, Ohio. "If you went on IR, your contract was split in half. "It was a case of me standing my ground and obviously he stood his. But I took it too far, I made a mistake and showed up late one day and that was kind of the final straw."

Sam also played for Cincinnati, Oakland, Miami and Buffalo as well as Toronto (2008-09, 2011) and Calgary (2010) in the CFL. He remained upset about the New England suspension until 2012 when while listening to a radio program he heard someone say, "Until you wish success for people, you yourself will never receive it."

> **It's a rare case of two people being on the same page.**
> P.K. Sam on Brady and Belichick.

P.K. Sam GETTY IMAGES FILE

That prompted Sam to write an apology to Belichick, stating he hoped one day they could meet and shake hands. That happened months later at the Super Bowl in Indianapolis where the Patriots lost 21-17 to the New York Giants.

Sam wrote Belichick again last week but his letter was aimed at Patriots players.

"I'm not sure he'll have time to read it to them," Sam said. "It's to the younger guys.

"It doesn't matter if you're on IR or the practice squad, you're still part of the team and your actions can help or hurt the team going into Super Bowl Sunday."

Time has given Sam a new perspective on Belichick's tough-love approach.

"It's difficult when you're young but as an older guy now what he teaches you lasts beyond football," Sam said. "Accountability and the slogan that's become famous and attached to his name: 'Just do your job.' That's life."

THE CANADIAN PRESS

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ATLANTA FALCONS

Coach expects to start healthy Jones

The Atlanta Falcons say All-Pro receiver Julio Jones is not slowed at all by a sprained toe.

Even though Jones was listed as limited on Wednesday's Super Bowl practice report, coach Dan Quinn said "it would take an awful lot, an act of nature, for him not to be 100 per cent rolling on Sunday."

Jones was wearing neon yellow cleats as he took part in a one-hour, 24-minute practice at Rice University. He sprinted and cut without any apparent problems, never limping on an 80-degree afternoon.

Julio Jones GETTY IMAGES

Centre Alex Mack (fibula) was the only other Atlanta player on the injury report. He was listed as limited but also got in significant practice time, leaving little doubt that both players will start in the Super Bowl against the New England Patriots.

THE ASSOCIATED PRESS

IN BRIEF

Watt ready to take on world

J.J. Watt is healthy after missing most of the season following back surgery, and the Houston Texans star is eager to show that he can be even better than he was before.

"Just to know that there's new levels to reach that I haven't even reached yet is exciting, and I think that's one of the biggest things for me is knowing that," he said Wednesday. "If I'm not trying to be the best player ever then I'm doing everyone a disservice." THE ASSOCIATED PRESS

Royals formalize Moss deal

The Royals announced their $12 million, two-year contract with first baseman and outfielder Brandon Moss on Wednesday, a deal that includes a mutual option for 2019.

The 33-year-old is likely to fill the designated hitter spot vacated by Kendrys Morales, who became a free agent and signed with the Blue Jays. He hit .225 in 128 games with the Cardinals last season, but he also had 28 homers and 67 RBIs. THE ASSOCIATED PRESS

PREMIER LEAGUE

Man United held to draw again by Hull

Manchester United missed a chance to gain some ground on its rivals for Champions League qualification by drawing 0-0 at home to relegation-threatened Hull on Wednesday, the latest setback for Jose Mourinho's side in the Premier League.

It was a third straight league draw for United, which dominated at Old Trafford but failed to break through because of a mixture of poor finishing and inspired goalkeeping by Eldin Jakupovic.

Jose Mourinho GETTY IMAGES

The top four — Chelsea, Tottenham, Arsenal and Liverpool — all dropped points on Tuesday but United couldn't take advantage against a team that started the game in last place. United are still sixth, four off fourth-place Liverpool and 14 points behind leader Chelsea.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Budget-friendly Spiced Flank Steak with Chimichurri Sauce

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This recipe features inexpensive flank steak with an herb sauce that packs five-star flavour.

Ready in 25 minutes
Prep time: 10 minutes
Cook time: 15 minutes
Serves 4 to 6

Ingredients
- 1 beef flank steak (900 kg)
- 1/2 tsp salt
- 1/2 tsp coriander
- 1/2 tsp cumin
- 1/4 tsp oregano
- 1/4 tsp pepper

For the Chimichurri
- 1/2 cup packed fresh basil
- 1/2 cup packed fresh flat-leaf parsley
- 1/2 cup packed fresh cilantro
- 1/4 cup extra-virgin olive oil
- 1 clove garlic, roughly chopped
- 2 tsp lime juice
- 1 Tbsp white wine vinegar
- 1 tsp anchovy paste
- 1/2 tsp salt
- 1/8 tsp pepper

Directions

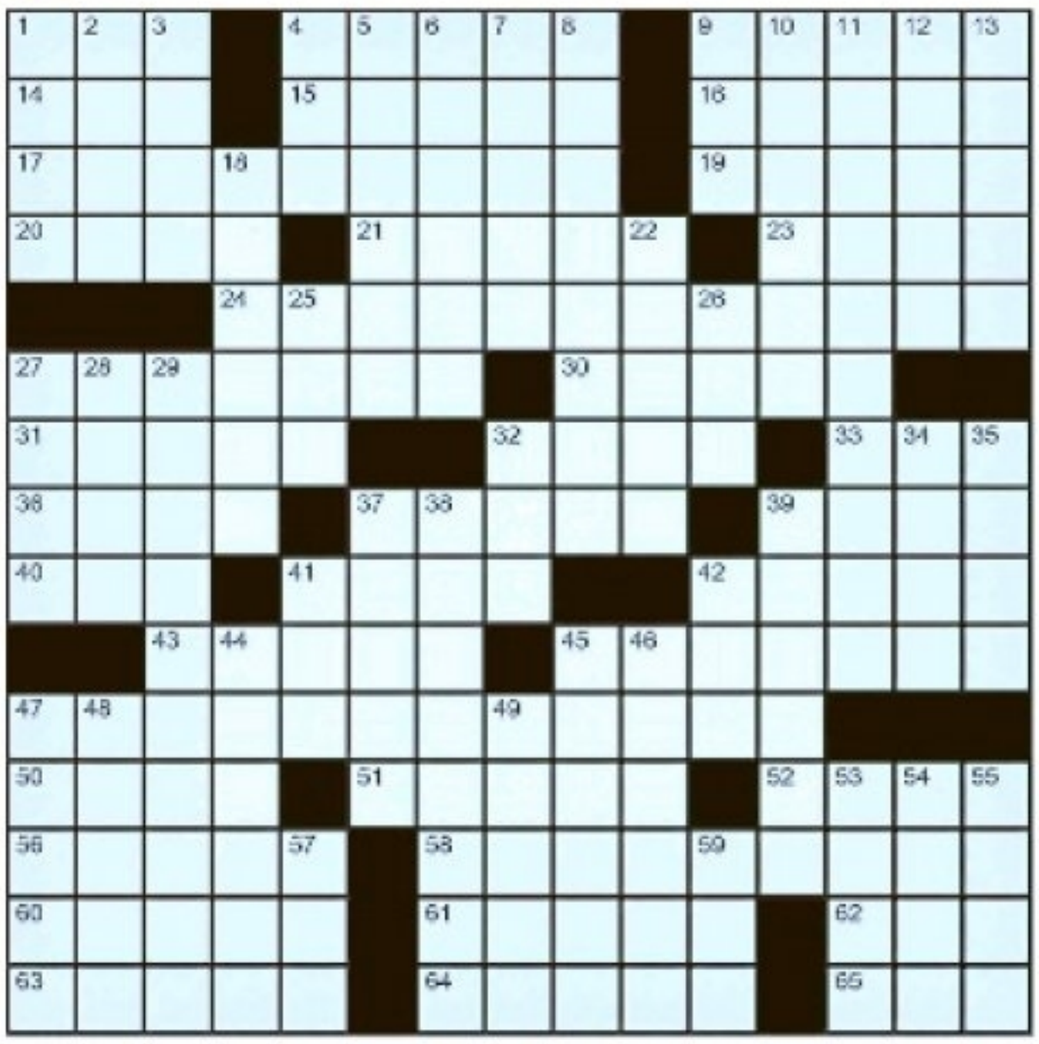
1. For chimichurri: Place all chimchurri ingredients in blender. Process, shaking blender if necessary, until smooth. Pour into a serving bowl.

2. For steak: Preheat broiler. Coat a broil pan with cooking spray. Combine salt, coriander, cumin and oregano and pepper, and sprinkle over both sides of steak. Place steak on pan and broil 4 minutes per side. Transfer to a cutting board and allow to rest 5 minutes. Cut against grain into 1/4-inch wide strips. Serve with chimichurri spooned on top and a fresh greens and sliced cherry tomatoes.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Implore
4. Rice/seaweed roll
9. Charming spots to sit and sip, such as in Old Montreal
14. Madonna movie role
15. 19th-century composer Mr. Bruckner
16. Toward the stern
17. Sleeping time in the army: 2 wds.
19. Montcalm's 1759 Battle of Quebec opponent
20. To boot
21. Seven-plus-One
23. "Sole Survivor" band
24. Town in southern Alberta about an hour west of Lethbridge: 2 wds.
27. Conquers
30. Chirpers
31. _ squash
32. Restaurant chain, with Bell
33. Strong little boat
36. "_ the Boss?"
37. Give a guess
39. Destiny
40. Negative word
41. Crooked
42. Fable's lesson
43. Bobby Hull's son
45. Detectives
47. Village in western Saskatchewan, sounds like a perfect place from the name: 2 wds.
50. Opposin'
51. Prometheus, for one
52. Montreal's world fair in '67
56. Hostel
58. Secretly listen in on
60. Georgia who played Georgette on "The Mary Tyler Moore Show"
61. Put into heard words
62. Appropriate
63. Open court hearings
64. Mr. Towel
65. Go-ahead-er's answer

DOWN
1. "Dracula" (1931) name
2. Downright nasty
3. Practical jokes
4. Idled
5. Like a letter that never went into the mailbox
6. Ancient Greece: Followers of Zeno of Citium
7. Dancer/actress/singer Julianne
8. A sure thing: 3 wds.
9. Cornfield cry
10. "All _!" (Call from the train)
11. Runner's mistake on the track: 2 wds.
12. _ White, Jennifer Hudson's Oscar-winning role in "Dreamgirls" (2006)
13. Montreal _ Spice (Seasoning sort)
18. Dreamers
22. In the blink of an eye
25. Mr. Somerhalder
26. _-Magnon man
27. Aurora
28. Reverberate
29. Overpass for pedestrians
32. Famed tomb king, commonly
34. Beehive State
35. Hair salon goos
37. Comprehend: 2 wds.
38. Most fidgety
39. Broke a sports rule
41. _ & Breakfast
42. "Alice" diner operator
44. New York _, Mark Messier, once
45. Electric _ (Beard trimmer)
46. _ algebra
47. The _ Diet ('Caveman' diet)
48. Suffering
49. Stage, as of a cycling event, in France
53. Hospital photo
54. Vatican bigwig
55. Chooses
57. "Desperate Housewives" cast member ...her initials-sharers
59. Sun's spot

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your enthusiasm for something will make bosses and parents sit up and listen. Just make sure your ideas are doable and realistic. Nevertheless, enthusiasm is contagious!

Taurus April 21 - May 21
You're excited about big travel plans, because you want to go places! You also enjoy studying lofty topics and having profound discussions about philosophy, religion and politics.

Gemini May 22 - June 21
If you have to decide how to divide an inheritance or share something today, you will be more than generous. This is why you must be sure to take care of your own best interests.

Cancer June 22 - July 23
Conversations with partners and close friends are upbeat and friendly today. You're in the mood to schmooze and have fun!

Leo July 24 - Aug. 23
You have great ideas at work today because you are enthusiastic about something. You will find it easy to get others to climb on board and endorse what you want to do. Work-related travel is likely.

Virgo Aug. 24 - Sept. 23
This is a playful, fun-loving day! Make plans to socialize with others. Enjoy sports events, fun activities with children and romantic get-togethers. Have fun!

Libra Sept. 24 - Oct. 23
You have big plans today about future repairs for where you live. However, this also is a great day to have the gang over for good food and drink.

Scorpio Oct. 24 - Nov. 22
You are optimistic today. You're pondering big ideas and big projects. This is all well and good, but just make sure that what you want to do is doable.

Sagittarius Nov. 23 - Dec. 21
This is a great day for business and commerce. Whatever you do today could possibly boost your income, because you have moneymaking ideas.

Capricorn Dec. 22 - Jan. 20
Today Mercury is in your sign, dancing with lucky moneybags Jupiter. This makes you full of big ideas. Others will be attracted to your enthusiasm and positive frame of mind.

Aquarius Jan. 21 - Feb. 19
This is a pleasant day! Whatever you do, you will feel confident about the future and your upcoming plans. You value your privacy today.

Pisces
Feb. 20 - March 20
This is a great day to hang out with younger people and have fun. You will enjoy interacting with clubs, groups and associations. You feel positive about your future goals.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		8	1	4			5	
	6			2	5			9
7					6	3		
3						1	9	
6	8			7			4	3
	2	4						6
		1	6					2
9			8	1			6	
	7			3	9	4		

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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1	6	3	7	9	4	8	2	5
4	9	7	8	5	2	3	1	6
5	8	2	1	3	6	7	9	4
6	5	1	3	7	8	9	4	2
7	3	4	5	2	9	1	6	8
8	2	9	4	6	1	5	3	7
2	7	6	9	8	3	4	5	1
9	1	8	6	4	5	2	7	3
3	4	5	2	1	7	6	8	9

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FEB 25 - VOGUE THEATRE

GAME GRUMPS LIVE!
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FEB 18 - VOGUE THEATRE

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